

DINNERLY



Jerk Chicken Burger with Onion Rings



30 minutes



2 Servings

Tuck into mouth-watering chicken burgers flavoured with jerk seasoning. Serve the crispy onion rings on the side or pimp your burger by adding them to the filling!

WHAT WE SEND

- 1 onion
- 1 Lebanese cucumber
- 1 tomato
- 1 large free-range chicken breast fillet
- 5g Jamaican jerk seasoning^{1,6,17}
- 2 white bread rolls^{1,6}

WHAT YOU NEED

- 1 small garlic clove
- 1 egg³
- 35g (¼ cup) plain flour¹
- 60ml (¼ cup) vegetable oil
- 2 tbs mayonnaise³

TOOLS

- medium frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 790kcal, Fat 41.0g, Carbs 57.5g, Proteins 45.8g



1. Prep ingredients

Thinly slice the **onion** into rings. Thinly slice the **cucumber** on an angle. Thinly slice the **tomato**. Crush 1 **small garlic clove**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put the chicken and **2 tsp jerk seasoning** (see Make it yours) in a bowl, season with **salt and pepper** and turn to coat.



2. Cook onion rings

Preheat the grill to high. Whisk **1 egg** in a bowl. Put **35g (¼ cup) flour** in a separate bowl and season with **salt and pepper**. Working in small batches, dip the **onion rings** in the egg, then coat in the flour. Heat **60ml (¼ cup) vegetable oil** in a medium frypan over medium-high heat. Cook the onion rings, turning, for 3-4 mins until golden. Drain on paper towel.



3. Pan-fry chicken

Drain the oil in the pan, reserving **1 tbs oil**. Return the pan to high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



4. Toast rolls

Cut the **rolls** in half. Put on an oven tray, cut side up, and grill for 2-3 mins until lightly toasted. Meanwhile, combine the **garlic** and **2 tbs mayonnaise** in a bowl and season with **salt and pepper**.



5. Serve up

Spread the **roll** bases and tops with the **garlic mayo**. Layer with the **chicken, cucumber** and **tomato**, then sandwich with the roll tops. Serve with the **onion rings** and enjoy!



6. Make it yours

Our jerk seasoning has a chilli kick. Use less if you prefer, or for those who aren't keen on spice at all, simply season their chicken fillet with salt and pepper.